

PREVENT DISEASE AND INJURY. PROMOTE HEALTH AND WELLNESS. PROTECT YOU AND YOUR COMMUNITY.

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## Mindful New-Years Resolutions

Every journey toward better health and well-being begins with a single step. This New Year, take a mindful approach to your resolutions by focusing on small, positive habits that can transform your daily routine.

Building healthy habits may seem like a big challenge, but it doesn't have to be. Start small, and you'll find it's easier to integrate positive changes into your life. Instead of relying on mental to-do lists, try habit stacking. This method ties a new habit to something you already do regularly, making it easier to build lasting routines.

For example:

- While brushing your teeth, you could do five squats.
- Pair drinking your morning coffee with a few minutes of mindful breathing.
- Add a short stretch before putting on your shoes to leave the house.

The new habit doesn't have to happen at the same exact time as the existing one. You can add it before, during, or after the original habit. By taking small, intentional steps and tying them to your existing routine, you'll create momentum for bigger changes. These micro-habits add up over time, leading to significant improvements in your health, mindset, and overall well-being.

As we enter a new year, focus on progress, not perfection. With a mindful approach, you'll discover that even the smallest changes can lead to a healthier, happier life.

Remember: big transformations begin one step at a time.

## Staff Spotlight: Becky Hill



For 40 years, Becky Hill has been a cornerstone WCHD, dedicating her career to supporting families through her work in the WIC (Women, Infants, and Children) program.

One of Becky's favorite parts of her role is working with WIC participants alongside the wonderful WIC team. "No day is the same," she says, "and we have so many opportunities to impact lives in a positive way." Becky's journey in public health began when she sought a better work-life balance as a young nurse.

Becky's educational background is just as diverse as her career. Starting with a degree in early childhood education, she later became a registered nurse and earned her IBCLC certification. This training allows her to assist parents in achieving their breastfeeding goals—a deeply rewarding aspect of her work.

A lifelong resident of Williams County, she enjoys spending time outdoors gardening and caring for her collection of animals. Family is a big part of her life, including her husband, 4 children, 6 grandchildren, and her 7 siblings, who she counts among her favorite people.

Her favorite health tip? "Don't get stuck. Find new ways to move, new foods to eat, and new things to learn." Becky's love of learning extends to her current favorite podcast, Hidden Brain, which explores fascinating insights into human behavior.

After four decades, Becky reflects on her career at the Health Department with gratitude. "It's wonderful to work with the public and with a staff dedicated to the health and growth of our community. I'm glad I came here 'temporarily' in 1984." And so are we!

## Mind-Body Wellness Day



January 3rd was International Mind-Body Wellness Day! Use this day, and the whole month, to take steps to create a healthy mind and healthy emotions, leading to a healthy body. Mind-Body Wellness Day encourages us to practice self-care, promote mindful practices, and reminding us to balance our physical, mental, and emotional well-being. Here are some activities you can engage in today, and the rest of the year!

- **Daily Self-Care:** Incorporating self-care into your daily routine can help you prioritize your own well-being. Self-care can have many forms - going for a walk, journaling, engaging in your hobbies, or even taking a 5-minute breathing break in your day can all improve your well-being.
- **Mindfulness:** Mindfulness can be achieved through activities like meditation, yoga, or even acts of kindness. Pick an activity that feels right and helps you connect with yourself!
- **Restful Sleep:** Create a pre-sleep routine that helps you unplug, unwind, and relax. A good night's sleep can reduce stress and promote overall health.

## Regional Substance Use Prevention Breakfast



The third annual *Regional Substance Use Prevention Breakfast* is a vital event for anyone committed to combating substance abuse and promoting prevention strategies in our communities. Hosted by the substance use prevention coalitions of Defiance, Fulton, Henry, and Williams Counties, this event provides a unique opportunity for community members to come together and engage in meaningful discussions about the challenges and solutions related to substance use.

Date: Thursday, February 27, 2025

Time: 7:30 AM - 11:30 AM

Location: Educational Service Center,  
205 Nolan Parkway, Archbold, OH 43502



Why Should You Attend the Regional Substance Use Prevention Breakfast?

- **Engage with Local Leaders:** Connect with experts, community leaders, and professionals who are actively working to prevent substance use in our region.
- **Collaborative Approach:** Learn how diverse sectors—schools, law enforcement, healthcare, faith groups, businesses, and more—are working together to address this critical issue.
- **Impactful Solutions:** Gain valuable insights into the latest prevention strategies and how you can help make a difference in your own community.
- **Networking Opportunities:** Build connections with other individuals and organizations committed to substance use prevention and community well-being.

Registration Link: <https://bit.ly/RSUPB2025>

Registration Deadline: February 13, 2025

This breakfast event is free, but registration is required. Stay tuned for more details and be ready to register soon to secure your spot! Don't miss out on this opportunity to be part of an essential conversation about substance use prevention and community health.

## Holiday Lights Recycling



The Williams County Health Department will be collecting Christmas Lights to recycle in cooperation with WiltonKeck Recycling. From now through January 31st, you can drop your lights off at the WCHD's Montpelier office Monday through Friday from 8:30am to 4:30pm.

Questions? Call Shannon at 419-485-3141 ext. 109.



## Cervical Health Awareness



January is Cervical Health Awareness Month! This month, it is important to highlight the importance of cervical health and cervical cancer prevention. In many cases, cervical cancer is preventable, and screening tests can detect cervical cancer early to increase the effectiveness of treatment. Find out more about vaccines preventing cervical cancer and screening below!

- **Human Papillomavirus (HPV) Vaccine:** Almost all cases of cervical cancer are caused by HPV infections. Fortunately, HPV vaccines like Gardasil 9 are approved for males and females ages 9 to 45 and can protect against 75% of the high-risk HPV strains. Children are recommended to receive the first dose of the HPV vaccine at age 11 or 12. Cervical cancer cases decreased by over 60% between 2012 and 2019 due to this vaccine.
- **Cervical Cancer Screenings:** Detecting cancer at its earliest stages can make a huge difference in treatment outcomes. Cervical cancer screening tests, or Pap tests, can detect cells that may indicate cancer. It is recommended women get Pap tests every 3 years beginning at age 21.

*WCHD offers the HPV vaccine, has reproductive health and wellness clinics twice a month, and accepts private insurance, Medicaid, and those without health insurance.*

Visit <https://bit.ly/WCHDVaccineAppt> or call 419-485-3141 to make a vaccination appointment, or call the Fulton County Health Department at 419-337-0915 to make an appointment for a Pap test in Bryan.

## Preventing the Winter Blues



The winter blues, or seasonal affective disorder (SAD), can be especially tough in rural Ohio due to shorter days, reduced sunlight, and colder temperatures. These conditions often lead to feelings of fatigue, isolation, and sadness, making it harder to stay active and connected.

To beat the winter blues in rural Ohio, try these strategies:

- **Get outdoors:** Hike, cross-country ski, or take a brisk walk to enjoy natural light and fresh air.
- **Join local events:** Participate in small-town festivals, holiday markets, or community gatherings.
- **Pick up an indoor hobby:** Try indoor gardening, crafting, or cooking to stay engaged.
- **Connect with others:** Reach out to neighbors or join local clubs for social support.
- **Use light therapy:** A lightbox can help mimic sunlight and boost your mood.

These simple steps can help lift your spirits and stay connected throughout the winter months.

## Customer Satisfaction Survey



At WCHD, we care about providing excellent service. Please take a moment to share your feedback about our programs and services. Take our survey:

[www.surveymonkey.com/r/WCHDServices](http://www.surveymonkey.com/r/WCHDServices)



WCHD Community Talking Points are published on a monthly basis and posted on our website and social media. If you would you like to receive the community talking points directly, sign up by completing this form: [bit.ly/WCCommunityTalkingPoints](http://bit.ly/WCCommunityTalkingPoints)

For more information on WCHD programs and services, visit:  
[williamscountyhealth.org](http://williamscountyhealth.org)

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